

The Flu

Signs and Symptoms of Influenza

The symptoms of influenza (the flu) virus in people include **fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills** and **fatigue**, and sometimes **diarrhea** and **vomiting**.

Is it a Cold or the Flu?

Symptoms	Common Cold	Influenza
Fever	Rare	High (102-104°F) lasts for 3-4 days
Headache	Rare	Prominent
General Aches and Pains	Slight	Usually often severe
Fatigue, Weakness	Quite mild	Can last up to 2-3 weeks
Extreme Exhaustion	Never	Early and prominent
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Usually
Chest Discomfort	Mild	Common, can be severe
Cough	Moderate hacking cough	Can be severe dry cough
Vomiting or Diarrhea	Never	Rarely
Complications	Sinus and ear pressure	Pneumonia can be life threatening
Treatment	None	Anti-viral medication as early as possible
Prevention	None	Vaccine available

If you believe you have Flu and are worried about your symptoms call your doctor or urgent care center. Please be careful not to make others sick. Cover your cough and please, stay home from work or school when you are ill.

Over →

Emergency Warning Signs

If you become ill and experience any of the following symptoms or signs seek emergency medical care immediately.

Concerns in Children

Fast breathing or trouble breathing
Not drinking enough fluids
Severe or persistent vomiting
Flu-like symptoms improve but then return with fever or worse cough
Not waking up or interacting
Irritability and not wanting to be held
Bluish or gray skin color

Concerns in Adults

Difficulty breathing or shortness of breath
Not drinking enough fluids
Severe or persistent vomiting
Flu-like symptoms improve but then return with fever or worse cough
Confusion
Sudden dizziness
Pain or pressure in the chest or abdomen



For more information or vaccine locations, please call the Arizona Flu Hotline at 877-764-2670
or visit www.StopTheSpreadAZ.org.